

## ABSTRACT

TITLE: Alcohol Prevention: A Four-Week Seminar for First-Year Students  
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The purpose for this project was to create a four-week series of alcohol prevention seminars for first-year college students. The seminars addressed the myths of alcohol use and provide tips and resources for student to use in a college environment. This project is significant because alcohol consumption rates tend to be higher among first-year students. The seminars in this creative project address common perceptions of alcohol usage among first-year college students, discuss common myths of alcohol consumption, explain expectations for college students regarding alcohol consumption, and discuss how college students can adopt self-prevention methods. The seminars provide useful material such as literature, activities, and video students can reference in the future.